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H E A L T H,

A

P O E M.

S H E W I N G

How to PROCURE, PRESERVE, and
RESTORE it.

To which is annex'd,

T H E

Doctor's *DECADE*.

By EDWARD BAYNARD,^K M. D.

The NINTH EDITION, Corrected.

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T H E
P R E F A C E.

I T was a usual Saying of the great Lord Verulam, That not one Man of a Thousand dies a natural Death ; and that most Diseases have their Rise and Origin from Intemperance. Therefore,

Unerring Nature learn to follow close,
For *quantum sufficit* is her just Dose :
Sufficient clogs no Wheels and tires no Horse,
Yet briskly drives the Blood around the Course,
And hourly adds unto its Wastes, Supplies,
In due Proportion to what's spent and dies,
Whilst *surfeiting* corrupts the purple Gore,
And bankrupts Nature of her long-liv'd
Store :

And thus the *Soul* is from the *Body* tore
Before its Time.—

Which by a *temperate* Life, in a clean Cell,
Might full a hundred Years with Comfort
dwell, [Shell.]
And drop, when *ripe*, as Nuts do slip the

Trust not to *Constitution*, 'twill decay,
 And twisted *Strength*, its Fibres wear away.
 As close-wove *Garments* of a strong-spun
 Thread

The *Woof* frets out and tears away the *Web* :
 So *Soul* and *Body* tho' ne'er so well conjoin'd,
 The longer that they wear the more they
 grind, [Mind.]

Then the crackt *Organ* must impair the
 'All finite Things tend to their own undoing,
 But Man alone's industrious to his Ruin ;
 He, what with *Riot*, *Delicates*, and *Wine*,
 Turns *Pioneer*, himself to undermine.

Besides the hidden *Snares* laid in our Way,
 The sudden *Deaths* we hear of every Day,
 The smoothest Paths have unseen *Ambuscades*,
 And *Insecurity*, *Security* invades :

For no Man knows what's the next Hour's
 Man *lives* just as he *dies*, by Accident. [Event ;
 How soft is *Flesh*, how brittle is a *Bone* !
 Time eats up *Steel*, and Monuments of
 Stone,

And from his *Teeth* art thou exempt alone ?
 What Warrant hast thou that thy Body's *Proof*
 Against the Anguish of an aching Tooth ?
 How soon's a *Fever* rous'd by acute Pains ?
 The smallest *Ails* have all their Partizans ;
 And in intestine Wars they may divide,
 And *Life's* Deserters list on the wrong Side.
 Diseases,

The P R E F A C E.

Diseases, like true Blood-hounds, seize their
Dam,

And prey upon the *Car-kass* whence they came.
Be always on thy Guard, watchful and wise,
Lest *Death* should take thee napping by Sur-
prise.

*Drunkenness and Gluttony steal Men off
silently and singulatin, whereas Sword and
Pestilence do it by the Lump; but then Death
makes a Halt, and comes to a Cessation of
Arms; but the other knows no Stop nor Inter-
mission, but perpetually jogs on and depopu-
lates insensibly and by Degrees; and though
this is every Day experienced, yet Men are
so enslaved by Custom and a long Habit, that
no Admonition will avail; so true is that
Saying, That he that goes to the Tavern at
first for the Love of the Company, will at last
go thither for the Love of the Liquor; and
therefore 'twas an excellent Advice our inge-
nious Author gave his Godson:*

Pass by a Tavern-Door, my Son,

This sacred *Truth* write on thy Heart;

'Tis easier, Company to shun,

Than at a *Pint* it is to part.

For one *Pint* draws another in,

And that *Pint* lights a *Pipe*;

And thus in the *Morn* they tap the *Day*,

And drink it out e'er *Night*:

Not dreaming of a sudden Bounce,
 From *Vinous Sulphurs* stor'd within ;
 Which blows the *Drunkard* up at once,
 When the Fire take's *Life's Magazine*.
 An *Apoplexy* kills as sure
 As Cannon Ball, and oft as soon ;
 And will no more yield to a Cure,
 Than murd'ring Chain-shot from a Gun.
 Why should Men dread a Cannon Bore,
 Yet boldly 'proach a Pottle-Pot ?
 That may fall short, shoot wide, or o'er,
 But *Drinking* is the surer *Shot*.
 How many *Fools* about this Town,
 Do quaff and laugh away their *Time*,
 And nightly knock each other down,
 With Claret *Clubs*, of No-GRAPe WINE,
 Untill a Dart from *Bacchus* Quiver,
 As *Solomon* describeth right,
 Does shoot his *Tartar* thro' the *Liver*,
 Then (*Bonos Noctios* SoT) good Night.
 Good *Wine* will kill as well as bad,
 When drank beyond (our Nature's) Bounds,
 Then *Wine* gives *Life* a mortal *Stab*,
 And leaves her *weltring* in her Wounds.
 Wounds ! That no *Phyick Art* can *heal*,
 And very rarely that they feel
 The *Stroke*, the Moment it does kill.

*Many a Soul with great Difficulty lugs on
 a weak and worn-out Carkass to its daily Ren-
 dezvous,*

The P R E F A C E. vii

devious, who perhaps for many Years has been nothing else but the Vintner's Conveyancer to carry his Liquors between the Hog-head and the Piss-Pot.

But when alas ! Men come to die
 Of Dropsy, Jaundice, Stone and Gout,
 When the *black* Reckoning draws nigh,
 And Life (before the Bottle)'s out :
 When (low-drawn) Time's upon the Tilt,
 Few Sands and Minutes left to run ;
 And all our (past-gone) *Years* are spilt,
 And the great *Work* is left undone :
 When restless Conscience knocks within,
 And in *Despair* begins to bawl,
Death, like a Drawer, then steps in,
 And asketh, *Gentlemen ! d'ye call ?*
 I wish that *Men* would timely think
 On this great Truth in their full *Bowls*,
 Both *I* and *Will* of *Ludgate-Hill*,
 And all our Friends round *Paul's*.

When a Man's Distempers stare him in the Face, and he is summon'd to lay down his Dust, he alas ! then sees the Folly of his Ways, and what a miserable Purchase he has made with his mis-spent Time, Health, and Money ; and like a Malefactor at the Gallows, makes some short Speech of Warning to his Companions, who give him the Hearing, and perhaps

haps are drunk with his own Claret at his Funeral.

But, alas ! the Destruction of himself is the least Part of the Tragedy ; the Mischief is struck deeper, and entails hereditary Diseases on his innocent Posterity, to the eternal Infamy of his Name and Family ; when the poor Offspring of his wretched Carcass inherits nothing but the Schedule of his Distempers, and dwindles away a miserable Life, in Pills, Plaisters, and Potions. I wish that Men may think of this, and prize and preserve a good Constitution and Stock of Health before it be too late.

I cannot better close this Epistle, than as the same Author observes the old Romans to have done to their Friends.

*Cura ut valeas : For Health once gone,
All Comforts perish with it, and are none ;
Riches, and Honour, Musick, Wine, and Wit,
Wax flat and tasteless with the Loss of it.*

Could Youth but see with gouty Old Men's

Eyes,

*One stretch upon their Back would make >
'em wise : [despise. |*

And Drunkenness (the damn'd first Cause')

But such is giddy Youth's unhappy Fate,

*When crippl'd and nail'd down, they're wise
too late.*

Unhappy

Unhappy Man! that drinks his own Un-
 doing,
 As tho' his Business were to pledge his Ruin;
 And that brave *Texture* his sound Parents knit,
 With *Pipe* and *Pot* he does unravel it.
 As if the Gods in Anger gave him Wealth,
 To sacrifice to *Bacchus* Youth and Health.
Health of all earthly Blessings is the best
 Yet most 'tis *valu'd* when 'tis least *possess*





A N

E S S A Y

T O A

R U L E O F H E A L T H .

The Definition.

HEALTH is a free, easy, and perfect Enjoyment of all the Faculties of *Mind* and *Body* to the due Performance of the *Animal Functions*, without any Impediment, Pain or Molestation :

Which is thus to be attained.

IF twice Man's Age you would fulfil,
Let *Reason* guide you, not your *Will* :
Let all the Passions of the *Soul*
Be subject unto her Controul ;
She checks all Rashness, and gives Time
To think, and re-think each Design :

They

They who do thus, before they act,
 'Tis rarely seen, repent the Fact :
 This makes an easy quiet *Mind*,
 (The greatest Blessing of Mankind ;)
 And he that in this Bliss doth share,
 Enjoys a Ray of *Heaven* here.

Fly all Excess, and first take Care
 Of *Wine* and *Women* to beware.
 Sport, dally, tattle with 'em rarely,
 And marry not a *Wife* too early ;
 Stay till you're grown, and Joints are knit,
 And you have *Money* got and *Wit* :
 For he that *weds* before he's wife,
 Is shackled by a Fool's Advice :
 Alas ! then he may see his Fate,
 And feel it too, when 'tis too late.

In single Life live pure and chaste,
 Lest from your Face your *NOSE* you cast.
 And is it not a great Disgrace,
 To lose the *Boltsprit* of your Face !
 Tho' Tears and Prayers may atone for th' Sin,
 Yet Howlings bring no *NOSE* again :
 So never touch forbidden Fruit,
 But think on *NOSE*, when tempted to't
 Till *Hunger* pinches, never eat,
 And then, on plain, not spiced Meat.
 Desist before you eat your fill,
 Drink to dilute, but not to swill,
 So no Ructations you will feel.

}
 Let

Let *Supper* little be and light ;
 But none makes always the best Night ;
 It gives sweet Sleep without a Dream.
 Leaves Morning's Mouth sweet, moist, and
 clean.

A little *Breakfast* you may eat,
 Yet not so as to satiate :
 But *Dinner* then you must postpone,
 Till farther in the Afternoon ;
 For never load fresh Food upon
 Your Stomach, till the former's gone ;
 For whatsoe'er is swallow'd thus,
 Turns *putrid* and *cadaverous* :
 And taking more than *Nature* needs,
 Of most Distempers sows the Seeds.

Accustom early in your Youth
 To lay Embargo on your *Mouth* ;
 And let no Rarities invite,
 To pall and glut your Appetite :
 But check it always and give o're
 With a Desire of eating more.
 For where one dies by *Inanition*,
 A thousand perish by *Repletion*.

To miss a *Meal*, sometimes is good,
 It ventilates and cools the Blood,
 Gives *Nature* Time to clean her Streets
 From Filth and Crudities of Meats.
 For too much Meat the Bowels fur,
 And Fasting's *Nature's* Scavenger.

When

When as your Stomach nauseates,
 And kecks at Smell or Sight of Meats,
 By Vomit fetch away the Load
 Of Phlegm and undigested Food;
 And do it soon, before it dwells
 So as to tinge its Tunicles;
 And breed sow'r Ferment, which begets
 Unfavoury Belches, and sick Fits,
 And Steams which taint the Mouth and Gums,
 With foetid Smells, like ulcer'd Lungs:
 And after *Vomits*, always use
 Emollients soft, to cool and smooth;
 For Retching makes the Stomach sore,
 Which Lenitives will best restore.

Bleed only when you find the *Blood*
 Abound, or stagnate; then 'tis good;
 Which you may very eas'ly guess,
 By heavy stiff Unwieldiness,
 Short *Breath*, high *Pulse*, & *cætera*:
 Then quickly take some Blood away:
 But more especially in Stitches,
Pleuretic Pains, and pungent Twitches;
 Then out of Hand without Delay
 Take a good Quantity away.

For *Purging* I shall give no Rule,
 But after Glutt'ny and cramming full,
 'Tis good to empty and to cool.
 Tho' forc'd *Evacuations* are
 Such as we ought to use with Care,
 Since 'tis not known what we can spare:

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* For *Physick* drives off with the Blood
 Some Parts of the substantial Good :
 And if you'd keep the *Balance* even,
 Dame *Nature* must be led, not driven :
 By Methods mild, and by Degrees,
 We should relieve her Grievances ;
 As Fasting, Exercise, and Time,
 And *Water* heals the Wounds of *Wine* :
 But where the *Fever's* peracute,
 It won't admit of long Dispute ;
 When Life's chief *Fortress* is attack'd,
 Quickly consult, and quickly act ;
 For many a *Life* hath slipt away,
 By careless trifling and delay.
 So when the Case is very urging,
 Spare neither vomiting nor purging ;
 Provided that your Judgment's tight ;
 And take the Indication right ;
 Ev'n then be not the only Agent ;
 Lest a dead Corpse shou'd prove your Patient ;
 But call in *Doctors* of more Skill,
 Who may you cure, or help you kill :
 Then let it happen as it will,
 You can't be found *Felo de se*,
 If slain in learned Company.

When

• Neque impune posse administrari, cum omnia præter naturam sint, ob idque naturales facultates infestent; nec possint adeo morbosas causas rescindere, quin una illis, aliquid etiam benignæ substantiæ rapiant. *Galen Lib. de sectis prope finem.*

When struck in Years, strong *Drink* for-
 Especially of *Wine* beware ; [bear,
 Old Men of Moisture want Supplies,
 And *Wine* of all Sorts heats and dries,
 Twitches and Cramps their Tartars give,
 Hence Men step short and straddle stiff ;
 For vinous Spirits prey upon
 Nutritious Juice, and vital *Balm* ;
 This makes them tabid, lean and thin,
 With loose and flabby, wrinkled Skin.
Water and *Whey*, of Drinks are first,
 They cool, dilute, and quench the Thirst ;
 And next to those is good small *Beer*,
 Not sow'r, but smart, and brisk, and clear.
 Not that in general I condemn
 A Glass of gen'rous now and then ;
 When you are faint, your Spirits low,
 Your String relax'd, 'twill bend your Bow,
 Brace your Drum Head, and make you tight,
 Wind up your Watch, and set you right :
 But then again the too much Use
 Of all strong Liquors is th' Abuse ;
 'Tis *Liquid* makes the *Solids* loose,
 The *Texture* and whole *Frame* destroys :
 But Health lies in the *Equipoise*.

The greatest Part o'th' World's content
 With *Adam's* Ale, pure Element ;
 And who so strong, and does more Work,
 Than doth the *Water* drinking Turk ?

And when the Stomach's out of order,
 No Cordial, like a Glas of *Water* ;
 This, this has baffled all the *Slops*
 Of Ladies Closets, and the Shops.

As *Water's* best, so 'twas the first
 Of *Liquors*, made to quench the *Thirst*
 Of Men, of Beasts, of Plants, and Trees ;
 From whence they all have their Increase :
 It's Uses are too manifold,
 And marv'rous great e'er to be told ;
 It's Particles constituent
 Are too minute an Element.
 It's Make and Texture, Crasis, Grain,
 Are too stupendiously fine
 For Virtuoso's to descry,
 Tho' Glasses come t' assist their Eye.
 Cease ! then, vain Search ! let that alone,
 Hid, with all Essences unknown ;
 But be content that the *Creator*
 Has blest the World with so much *Water*.
 It works itself (as being thin)
 Int' all the Pores and Parts within ;
 Helps all *Secretions* in their Uses,
 And sweetens sharp and sour Juices ;
 Tempers hot *Bile*, thins viscid Phlegm,
 And moderates in each Extreme ;
 Damps the fierce *Ætus* of the Blood,
 Abates the Fever's boiling Flood ;
 Dilutes the *Salts*, melts off their Points,
 And acrid Particles disjoins ;

And

And is the only *Liquor* that
 Never grows eager, sharp or flat;
 Give it but Motion, Room, and Air,
 It's Purity will ne'er impair:
 Experience daily shews it's true,
 That *Water* only this can do.
 All other *Liquors* made by *Art*,
 Grow rancid, vapid, sour, and tart.

Chuse *Water* that is cool, and thin,
 Such as feels smooth and soft to th' *Skin*,
 Looks clear, and bright, and crystalline: }
 The lightest *Water* is the best,
 That is without or *Smell*, or *Taste*:
 Which standing long, yet yields few Contents
 Of *Scum*, or *Clouds*, or *Sediments*;
 Such as will lather cold with Soap,
 Tho' ne'er was fainted by the *Pope*,
 (As *Bridget*, *Anne*, and *Winnifred*,)
 For 'tis the *Water* does the Feat,
 The Saint's the Varnish, and the Cheat;
 And he that has a *Spring* like this,
 Has with good *Air* a double *Bliss*.

Never give way to Sloth and Ease,
 For Laz'ness is a great Disease;
 And when it has Possession got,
 It makes the Man a stupid Sot:
 When Sleep does first desert you rise;
 Next, wash the Gum from off your *Eyes*:
 Cold *Water* pure will clear the Sight,
 Comfort the *Eyes*, and keep them bright.

Indulge not Drowsiness, unless
 It does proceed from Weariness.
 'Thout some Fatigue there's no sound Sleep,
 'Tis eating without Appetite ;
 For those that start in *Sleep*, or shake,
 Find small Refreshment when they wake.
 And when you *rise*, approach not near
 A *Fire*, except the Cold's severe ;
 And then, at Distance take the Heat,
 Because it does *debilitate* ;
 And Sloth, and Sluggishness induce,
 And I spoil your natural Rest by Use.
 This Custom Students must avoid,
 For Mem'ry is by Heat annoy'd,
 And by hard Drinking quite destroy'd. }
 For Reminiscence is strongest where
 The *Head's* serene, and cool and clear :
 This Truth is seen in Regions cold,
 There what they *read*, they always hold.
 But 'tis the Nature of a *Wit*,
 Soon to invent, soon to forget ;
 For from the *Brain* that's hot and dry,
 The slight Impressions quickly fly :
 Whereas in *moist* and phlegmy Brains,
 The Stamp's struck *deep*, and long remains.
 Tho' 'tis allow'd, there are some few
 That have good Wits, and Mem'ry too.

Rise early with the Summer's *Sun*,
 Especially when you are young ;

For

For he that early walks the Fields,
 Takes all the Sweets that *Flora* yields ;
 Just as the *Sun* unlocks the Blooms
 Of all their fragrant rich Perfumes ;
 Besides, with Morning *Air* he's treated,
 Not by the Sun-beams over-heated ;
 It cools the *Lungs*, and fans the *Blood*,
 And makes the Spirits brisk and good ;
 After a bad Good-fellow-Hood
 Had left their springy Parts uncurl'd,
 Like a loose *Sail* that is unfurl'd ;
 Those Air and Action buckle up,
 When ruffled by a Midnight's Cup.
 After an idle, drunken Bout,
 Walk and take Air, ne're sleep it out ;
 By which you will avoid the Harms
 Of *Head-ach*, and sick Stomach *Qualms* :
 For sleeping with a Load of *Wine*,
 Does all its Fumes within confine ;
 Which are of dang'rous Consequence,
 Dire *Apoplexies* spring from hence :
 * *Palsies*, and *Tremors*, and the rest,
 Which mostly Drunkards do infest,
 From *Ferments* in the Body pent,
 Which early rowzing may prevent ;
 For *Gouts*, and *Stone*, and such Diseases,
 Dwell most where Luxury and Ease is :

Such

Such a Tormentor seldom rages,
 'Mong *Whey*-Drinkers in poor Cottages,
 Who live in Health till mighty Ages ;
 And to the *Grave* at hundred Years,
 Carry their Mem'ry, Eyes, and Ears.
 Who then in *Ale*, or worse-brew'd *Wine*,
 Wou'd drown his Health, and so much Time ?
 For whilst Men tipples, prate, and lie,
 Life on smooth Skates slides swiftly by.

In walking let your *Cloaths* be thin,
 But not too tight or strait to th' Skin,
 That cool fresh *Air* may close the Pores :
 This oftentimes that Health restores,
 Which too much Warmth turn'd out of
 Doors.

Their Loss of Strength declares what Hurt
 They get who wear a *Flannel* Shirt :
 For thro' a constant Dilatation,
 The Spirits spend by Perspiration.

In Bed lie *warm*, but not too hot,
 Nor yet too *soft*, for that's a Fault ;
 Soft Feathers have Attraction such,
 As draws the natural *Heat* too much,
 The Flesh makes flabby, loose and weak,
 The Count'nance dead, and pale, and bleak.

Of *Heats* and *Colds* take special Care,
 Windows, and Doors, that let in *Air* ;
 A Crack, or Crevice, in the Wall,
 Hurts more than doth an open Hall :
 And safer 'tis to stand i'th' Street,
 Than where two Doors or Entries meet.

Walk to be warm, but not to sweat,
Or by Degrees take down your Heat ;
Drink not untill you're very *cool*,
And gently move to get a Stool.

Yet sometimes let your Feet be *wet*,
But in your wet *Shoes* never sit ;
For while you're running in the Dirt,
The Action keeps you from the Hurt.
Wash frequently your *Skin* all o'er,
It gives a Spring to every Pore ;
Returns the *Heat* upon the Blood,
Which makes all bad Digestions good.

Lodge not fine *Youth* with aged Bones,
Nor much converse with Pains and Groans ;
For Bodies that are old and dry'd,
From Juicy Youth will be supply'd ;
These suck their *Spirits*, make 'em *pale*,
So *vital* Vigour needs must fail ;
The Aged, thro' the Young one's Pores,
His own decrepid *Limbs* restores ;
And what by Contact, what by Sweats,
What the *Youth* loses, t'other gets :
This makes them pallid, thin and weak,
As if Hag-ridden in their Sleep.

And on the other Hand, it's naught
To lie with one that's over *fat* ;
Such sweat and over-heat the Child,
By which a good, cool Habit's spoil'd ;
For in a mod'rate Temperature,
The Welfare of the Child's secure.

In short, observe, the tender Young
Should be well *nurs'd*, but laid alone.

But above all, take special Care
How *Children* you affright and scare,
In telling Stories of Things seen,
Of *Sprite*, *Dæmon*, and *Hobgoblin*;
Hence they'll contract such *Cowardice*,
As ne'er will leave them all their Lives;
And then th' *Ideas* of their Fears
Continued unto riper Years,
Can by no Reason be suppress'd,
But of them they'll be so possess'd,
They'll sweat, and quake, and start and stare,
And meet the Devil ev'ry where.
Terrors have changed some Men grey,
Took Limbs, and Speech, and Sense away;
Have topsy-turvy'd Brains in Skulls,
Turn'd some Men mad, and some Men Fools:
Have made a Soul skip like a Sprite,
And leave the Body bolt upright,
Stark staring, ghastly, dead and stiff,
Like *Lot's* sad monumental Wife.

Anger avoid, and also *Grief*,
They both are Enemies to *Life*,
And fatal often in Extremes,
To which side e'er the *Passion* leans.
In both let *Reason* mitigate,
She will the Fury soon abate,
If she's consulted not too late.
For I have seen fierce *Anger* checkt,
By seeming Deafness, and Neglect; Take

Take off the *Fewel*, th' Fire will die,
 Silence alone will put it by,
 If not blown up by a *Reply* :
 Let it blow o'er, if you can bear,
 In at one, out at t'other *Ear* ;
 Storms hurt not in a *Thoroughfare*.

Late *Watching* does much Injury
 To *Nature's* whole *Oeconomy* ;
 Impedes or wholly doth defeat
 The making of her Work compleat ;
 For all *Secretions* are made best
 I'th quiet State of *Sleep* and *Rest* :
 When all the *Faculties* of th' *Mind*
 Are to their (soporal) *Cells* confin'd.
 Then all the vital *Functions* are,
 ('Cause not disturb'd by mental *Care*)
 Each to his *Office* to repair,
 And mend the *Breaches*, and *Decays*,
 Made by Disorder many ways
 In Life's vast *Labyrinth* and *Maze* :
 Which thro' unknown *Mæanders* run
 Winding return where they begun,
 And restless in their Course, keep on.

For th' *Heart* clacks on, and is a Mill,
 That's independent of the Will.
 And like an *Engine* squirts the Blood,
 Forcing up Hill the purple Flood ;
 A constant *Fountain* that displays
 Its *Rivulets* ten thousand ways ;
 Mov'd by a secret *Power* unknown,
 And yet that Power is not its own : Rest-

Restless from the first *Stroke* it gives,
 To the last *Moment* that it lives;
 Its Office is to *mesh* and *beat*,
 And make the *Chyle* assimilate
 With balmy Blood and nitrous *Air*,
 (All have i'th Work a proper Share)
 Which Inspiration does prepare. }
 That *Air* again the *Lungs* explode,
 Disburthen'd of its *nitrous* Load;
 This grinds Life's *Grist*, yet takes small Toll
 For carrying of it thro' the whole,
 And lodging at each *Office* Door,
 Sufficient for their daily Store.
 Here let us ask, what human Tongue }
 Can praise enough that wond'rous one,
 That made this great *Automaton*!
 Here let the *prostrate* World adore
 His infinite *Goodness*, *Wisdom*, *Power*.

Of Exercises, *Swimming's* best,
 Strengthens the Muscles of the Chest,
 And all their fleshy Parts confirms;
 Extends, and stretches *Legs* and *Arms*;
 And with a nimble retro-Spring,
 Contracts, and brings them back again.
 As 'tis the best, so 'tis the Sum
 Of Exercises all in one:
 And of all Motions most complete,
 Because 'tis violent without *Heat*.

And next to *Swimming*, *Riding's* good,
 It shakes the *Bowels*, stirs the Blood,

And

And gives a Motion to a Stool ;
 But bad to *ride* with *Belly* full ;
 For shaking does precipitate,
 E'er you've digested half your *Meat* ;
 Besides your Guts, if fat, it squelches,
 And causes Fumes, and sour Belches :
 'Tis also in hard *Livers* naught,
 Or when oppress'd with Wind and Thought,
 It stirs up *Flatus Hypochon* :
 If so, desist from *riding* on.
 For't makes it fly into the *Head*,
 Where Dizziness, and *Fumes* are bred ;
 Then Life's in Danger if you totter,
 Be your *Horse* Pacer, or a Trotter :
 So let the *Rider* take a Care,
 Lest from a stumbling *Horse* or *Mare*,
 He don't take *Earth* in taking *Air*.
 But the true Benefit in *riding*,
 Is much and long 'ith' *Air* abiding ;
Fasting and always jogging on,
 And drinking nothing that is strong ;
 But guzzling on a Journey's wrong :
 And then perhaps, you'll gain your Point,
 If your *Horse* keeps your Neck in Joint.

In dry consumptive *Coughs* beware,
 They always grow much worse in *Air* ;
 For Places *high*, and *Air* serene,
 Are for *thin* *Bodies* found too keen :
 For all the *Air*, on Heights, and Hills,
 'Cause robb'd of watry Particles,

Holds Nitre *naked*, and not sheath'd,
 And so are naught for all short-breath'd;
 As well as *Air* too thick with Smoaks:
 One pricks and tickles, t'other choaks.
 But where 'tis *clear*, and not too high,
 With Mixture due of *moist* and dry,
 The Lungs have their due Liberty,
 To play their Fan most pleasantly.
 The *Air* is best on rising Hills,
 Also near grav'ly running Rills;
 For where the *Soil* is hard and dry,
 The *Air* is good, or low or high.
 The watry *Steams* will take off Heats,
 And much abate nocturnal Sweats.
 In *Holland*, where 'tis all low Ground,
 Habitual *Coughs* are rarely found;
 But when *Catarrhs* and *Rheums* infest,
 Warm and dry *Airs* are surely best.
 * For if *Consumptions* cur'd can be,
 (Which is a mighty Rarity)

Three

* Uterius phthisis perfecta rarissime potest curari: vita interim diutissime potest conservari, per hæc tria:

1. Per legitimum usum lactis.
2. Per usum vulnerariorum, &c.
3. Per mutationem Aeris.

Denique quoad legitimum usum lactis:

In omnia atrophis, tæbe phthisi commodissime observatur, quod lactis usus, seu legitimus potus, in quibusdam casibus multum possit: sed parum proderit, quoties atrophia est a cal-luvie cujusdam visceris, aut ubi atrophia est ex vitio stomachi, nisi hic prius sit correctus. *Mich. Et Müllerus de Nutritione partium læsa. Pag. 282.*

Three Things in chief you need prepare,
Milk, Traumaticks, and Change of Air.
 And if with these, Cold *Baths* you get,
 To temper down the hectic Heat,
 He may go bare-foot as a *Goose*,
 Who lives in hope of dead *Mens* Shoes.

Tho' *riding* is extremely Good,
 Yet *Health* lies more in Choice of *Food* :
 A gen'ral Rule we may go by,
 Is eating such Things 'specially,
 As are least apt to putrefy.

New *Milk* and *Rice, Bread, Corn, and Roots,*
 Fresh *Sallets,* and fresh gather'd *Fruits,*
 Sweet *Butter, Oil,* and well made *Cheese* ;
 For those who mostly feed on these,
 Live long, and gently wear away,
 Perceiving not their own Decay,
 To th' utmost Point o'th' fatal Day.
 Then without *Pain,* like Lamps expire,
 With the last *Spark* of vital *Fire.*

For *Life's* a *Lamp,* its *Oil* well spent,
 Leaves when't goes out a fragrant *Scent* :
 Thrice happy *he,* whose virtuous *Name*
 Is *Incense,* and perfumed *Flame*
 On th' Altar of immortal Fame.

So *Reader,* if thou art so wise
 To put in Practice this *Advice* ;
 The World shall wonder to behold
 Thou look'st so young, and art so old.



*The Doctor's Decade,
Or the Utenfils of his Trade.*

*For in Ten Words the whole Art is compris'd ;
For some of the Ten are always advis'd.*

V I Z.

*Piss, Spew, and Spit,
Perspiration and Sweat ;
Purge, Bleed, and Blister,
Issues and Clyster.*

TH E S E few Evacuations
Cure all the Doctor's *Patients*,
If rightly apply'd
By a wise Physick Guide :
For an Error in these,
Is worse than Disease ;
So can't be too wary,
Where Cases do vary ;
For a Dose of't too much,
Turns *PUG* o're the Perch.
What more they advance,
Is all done by Chance ;
Even *Steel* and the *Bark*,
Do tilt in the Dark :
Tho' *Opium*, alas !
May put by a Pass,

And

And lull a *Disease*
 By a seeming false Peace ;
 Yet these Physick *Allies*
 Use such Falacies,
 And fail us so common,
 We can't depend on 'em ;
 So as to a Cure,
 There's none can be sure.
 Most other *Specificks*
 Have no visible Effects,
 But the getting of *Fees*,
 For a Promise of Ease ;
 (Much like the South S---)
 Tho' our *Glasses* of late
 Have furnish'd the *Pate*,
 With *Philosophical* Prate ;
 As to read learned Lectures
 Or a T—— and its Textures ;
 And can see in the Sp---m
 Generations to come :
 Like Tadpoles a swimming
 To the Land of the Living.
 Yet for all this *fine* Show,
 No more do we know,
 Than did old *Quid pro Quo* ;
 That famous Compounder,
 And first *Physick* Founder.
 In those Days their Blunders
 Were esteem'd as *Wonders*,

And admired as much
 As some do *H—b C—b* :
 For Physick then took,
 Much more by the Look,
 Than by the Success,
 Which is the best *Test*.
 To look *big, grave, and dull,*
 And talk half like a *Fool,*
 Denotes a wise Skull.
 To be *deaf,* and half *blind*
 Were Perfections of Mind ;
 For all such Defects,
 Were to *Folly* as Checks :
 And few were thought wise,
 That saw with both *Eyes*.
 Yet none of these *Blinkers*
 Were accounted *Free thinkers,*
 As is seen by the *Treacle*
 Where *Health* lay in Pickle :
 That ancient *Farrago,*
 Exploded long ago.
 Yet 'tis such a Med'cine,
 Once had the *Pope's* Blessing ;
 And so is *Catholick,*
 Tho' not *Apostolick* ;
 For't has not a Mission
 From *Luke* the *Physician*.
 But why do we them blame,
 When we play the same *Game* ?
 And make up strange Mixtures,
 Of different *Textures* ;

Which

Which fret and ferment,
 Till their *Fury* is spent ;
 And in our *Guts* jar,
 And there raise a War.
 From a *Het'rogen* Med'cine,
 The Strife is intestine ;
 But where the Ingredients
 Are mix'd with Experience
 Of their *Homogeneity*,
 They'll never disquiet ye.
 Ill Compounds are owing
 To our *Simples* not knowing ;
 For their Virtues unless
 The Plants will confess,
 We must all acquiesce,
 And practise by Guess,
 Till the College reveals,
 What their Prudence conceals.
 The *Arcana's* of Art,
 To none they impart ;
 Those sacred *Archives*,
 Which enrol all our Lives,
 Are lodg'd on high *Shelves*,
 Out o'th' Reach of themselves ;
 And when they fall *sick*,
 What they gave upon Tick,
 The *Doctors* ne're take,
 For fear of Mistake ;
 But always mistrust,
What they believed at first ;

Whilst

Whilst the practising *Youth*
Swallows all for a *Truth*.
 For whatever they read,
 They believe as their *Creed*,
 But will find when they *try*,
 That *Authors* may lye;
 And in *Physick* there's *Legend*,
 As well as *Religion*;
 Thus the *older* they grow
 The less they will know;
 For, being oft out,
 Creates in 'em *Doubt*:
 So themselves they'll ne'er kill,
 By *Potion* or *Pill*;
 No *Powders* nor *Bolus*,
 Nor *Issues* o'th' *Shoulders*,
 Nor *ensnared* in *Blisters*;
 Those *Shrouds* of the * *Sisters*,
 Which old *Nick* did contrive
 To slay Men alive,
 As if the Sick didn't feel,
 When skinn'd like an *Eel*.
 Then a *Plaster*'s apply'd
 To th' *Remains* of the *Hide*,
 Which tears off the rest,
 Next time it is drest
 By some little *Hell-Cub*
 Or *Spawn* of old *Belz'bub*,

* The three Ladies of *Destiny*; *Clotho*, *Lachesis* and *Atropos*.
 Or

Or *Mellilot* his Master,
 With a whole Sheet of *Plaiſter*,
 To ſhroud him compleat ;
 From the *Head* to the *Feet* ;
 Sent by his *Phyſician*,
 To manage th' *Inquiſition* :
 For, one half that dies
 Are ſpur-gall'd by his *Flies*,
 And flay'd out of their *Lives* *.
 But the *Devil* a *Doct̃or*,
 Will flay his own *Back* fore ;
 What his *Patients* endure,
 He'll avoid to be ſure :
 Their *Groans* and their *Aking*,
 Do fright him from taking ;
 Nor ſhall any *Slops*,
 But *Wine*, wet his *Chops* :
 He all *Med'cines* deſies,
 As he does *Spaniſh Flies*,
 From experienc'd *Opinion*,
 There's little *Help* in 'em.
 But as *Death* does draw near,
 Their *Art* is their *Fear* ;
 Truſting more to *Small Beer*,
 A *Horſe* and freſh *Air*,
 Than to *Phyſick* and *Prayer*.
 From whence I ſuggeſt,
 They're too *wiſe* for the *reſt*.

* Here our Author is out, Blistering being generally allowed neceſſary in ſome Caſes.

As Exercise is so highly useful in preserving and procuring HEALTH, the following Extracts are added as an Illustration on that Head :

Dr. Cheyne lays down the following Rules.

1. **W**Hatever, says he, was the original Constitution of Man, in our present State a due Degree of Exercise is indispensably necessary towards Health and long Life.

2. Animal Food, and strong Liquors seem not to have been design'd for Man in his original Make and Frame, but rather indulg'd to shorten the anti-diluvian Length of Life in order to prevent the excessive Growth of Wickedness.

3. Walking is the most natural and effectual Exercise, did it not spend the Spirits of the tender too much. Riding on Horseback is less laborious, and more effectual for such. Riding in a Coach is only for the infirm, and young Children. House Exercises are never to be allow'd, but when the Weather or some bodily Infirmary will not permit going abroad ; for Air contributes mightily to the Benefit of Exercise. Children naturally love all Kinds of Exercise, which wonderfully promotes their Health, increases their Strength, and stretches out their Organs.

4. The Organs of the Body that are most used, always become strongest, and therefore we may strengthen any weak Organ by Exercise.

5. The Lungs are fortified by loud talking, and walking up an easy Ascent. The Digestion and the Nerves are strengthen'd, and most Head-achs cur'd, by riding ; the Stone and Gravel eased by riding in a Coach over rough Ground ; rheuma-
tick

tick Pains by playing at Tennis, Billiards, &c. till one sweat, and then going to a warm Bed, to promote the sweating; feeble Arms by playing at Shuttlecock or Tennis; weak Hams by Football, and weak Backs by ringing or pumping. The Gouty best recover the Use of their Limbs by walking in rough Roads; but prevent the Fits best, by riding on Horseback, or in a Coach. The Valetudinary, and the Studious, ought to have stated Times for Exercise, at least two or three Hours a Day, the one Half before Dinner, the other before going to Bed.

6. Exercise, 1. Should always be gone about with an empty Stomach. 2. Should never be continued to Weariness. 3. After it, one must take Care not to catch Cold. And it should always be accompanied with Temperance, else instead of a Remedy it will become an Evil.

7. Cold-bathing is of great Advantage to Health; but should not be used under a Fit of a chronical Distemper, with a quick Pulse or with a Head-ach, or by those that have weak Lungs. It promotes Perspiration, enlarges the Circulation, and prevents the Danger of catching cold. Those of tender Nerves should pour Water on their Heads before they go in, and none (so says this Gentleman) ought to jump in suddenly, and with their Heads foremost.

8. The Flesh-brush is a most useful Exercise, as appears by its Advantage to Horses, and ought not only to be used on human Bodies, but also on such of the Animals we design for our Food, as it can be applied to.

The great Lord Bacon also highly praises the Practice of gentle Friction, which, as he says,
draws

draws forth the Nourishment to every Part of the Body, by heating the Parts, and calling forth, as it were, the Juices which should repair the Blood, Spirits, and Flesh, and even give Benefit in their Passage to the Bones, Nerves and Membranes, which are not so easily reparable in themselves. It is a fine Exercise to such as cannot so conveniently take other. 'Tis best to be performed in a Morning. Lord Bacon says it may be done by the Hand, or by a Piece of Scarlet Wooll moisten'd with Oil of Almonds, mingled with a small Quantity of Bay-salt or Saffron. We see, says he, that the currying of Horses makes them fat and in good liking. But it must be acknowledged, that the Flesh-brush, now so well known, and so much used, is above all others the most wholesome and cleanliest Device for this salutary Purpose that can be made Use of.

In another Place, this learned Author prefers Friction in many Cases to Exercise, because, as he says, this Practice draws greater Quantities of Spirits and Blood to the Parts, and also draws the Aliment more forcibly from within: Likewise because it opens the Pores, and makes better Passage for the Spirits, Blood, and Aliment: And lastly, because it dissipates, and digests any unuseful or excrementitious Moisture, which lies in the Flesh; all which contribute to Assimilation. Friction also, he observes, fills and fattens the Body, as we see as well in Men, as in currying of Horses, more than Exercise; because in this Practice the inward Parts, which require it, are at Rest: For this Reason, he says Gally-Slaves, who stir the Limbs more, and the inward Parts less, are generally fat and fleshy.

